

PERFECT PRESS AMARANTH OIL

OWNER'S HANDBOOK

How to use — **and benefit from** —
your Perfect Press Amaranth Oil.

ACTIVATION



INTRODUCTION

First things first, let's start with a thank you for purchasing your own bottle of Perfect Press Amaranth Oil and for joining us on our journey toward helping millions heal.

With this one simple purchase, you will unlock an ancient secret that will take you down the path to better health and an improved quality of life.

By adding amaranth oil to your daily routine, you'll soon start to notice smoother skin, shinier hair and maybe even weight loss. Your doctor may also detect an improvement in your heart health at your next check-up.

In this handbook, you'll discover...

- **general use instructions**
- **5 custom tips for better health using amaranth oil**
- **10 benefits of amaranth oil**
- **answers to frequently asked questions**
- **success stories, shared by customers like you, excited about leading healthier lives with amaranth oil**



GENERAL USE

Everyone is different and that means that your nutritional needs will never be exactly the same as someone else's. Genetics, body chemistry and lifestyle, as well as other factors all affect what your body needs day to day. Since everyone's needs are different, the amount of amaranth oil that you decide to take is ultimately up to you.

We recommend: 5 drops per 50 pounds of body weight, daily.

Since our suggested serving is weight-based, the length of time that your bottle will last can vary. On average, though, our standard 30 ml bottle lasts about a month.

Following our recommendation will give most bodies the nutrients they need and will provide you with the health benefits that amaranth has to offer.

What's great about Perfect Press Amaranth Oil is that you can drink it *and* you can use it directly on your hair and skin, for a wide variety of benefits.

It's important to remember that in order to get the full range of benefits, you should use this oil daily.

Need more? [Click here to stock up.](#)

We've mentioned that Perfect Press Amaranth Oil has a wide variety of benefits to offer and you're probably wondering what those benefits are. Over the next few pages, you'll not only discover the best ways to use amaranth oil, but you'll also learn about all the unique and incredible things amaranth oil can do for your body.



AMARANTH OIL

PRO TIPS

You can make using Perfect Press Amaranth Oil an even better experience by following these 5 pro tips...

TIP #1:

Add amaranth oil to your evening skincare routine. Dampen your hands and then put 2 or 3 drops of amaranth oil into your palms, rub them together and then smooth it over your face to moisturize, improve elasticity and reduce fine lines.

TIP #2:

Consider adding a few drops of amaranth oil to a dollop of your natural shampoo (not directly to the bottle) and massage the blend into your scalp to moisturize and strengthen your locks. Take note, though, that you'll probably have to shampoo a second time (without oil) so that no residue is left behind.

TIP #3:

Add a few drops of amaranth oil to blendable treats, like [this pudding](#), to give your sweet indulgence an added health boost.

TIP #4:

Add amaranth oil to your morning smoothie or your afternoon homemade salad dressing. Amaranth oil is packed full of vitamins, which will give you a nutrient boost. Plus, healthy fats can help your body to absorb certain vitamins.

TIP #5:

Add amaranth oil to homemade body lotion recipes. Check out our beauty recipes for more ideas!

10 BENEFITS OF AMARANTH OIL

Amaranth oil is packed with a variety of nutritional compounds and there are a number of benefits that can come from taking and using amaranth oil in your daily routine. **Here are our top ten to get you started:**

- **nourishes and moisturizes your skin**
- **minimizes or eliminates signs of aging, especially premature aging**
- **promotes weight loss**
- **improves hair shine and strength**
- **supports heart health**
- **encourages cellular oxygenation**
- **supports eye health with high levels of antioxidants and carotenoids**
- **encourages normal hair growth and prevents hair loss**
- **supports a healthy inflammation response**
- **boosts your immune system with antioxidants like vitamin C and E**

When you take amaranth oil daily, you'll discover even more benefits and improvements over time, both inside and out.

FREQUENTLY ASKED QUESTIONS

How much should I take? How long will a bottle last?

Each bottle comes with a dropper attached to the lid. Take five drops of oil, under the tongue, per 50 lbs of body weight with some food or mix your oil into a smoothie each day. Because body weight is a guide for our suggested serving size for amaranth oil, the length of time that the bottle will last varies from person to person. On average, a bottle lasts about a month.

This oil is also exceptionally good for the skin and is our most popular topical oil. Rubbing a couple of drops between the palms of your dampened hands and then smoothing it into your face and neck can bring additional benefits to your skin when you make this a part of your daily beauty routine. Spot test first to see how your skin reacts.

Remember, this is a powerful oil and everyone is different. We always recommend trying a small amount to see how your body reacts before increasing the amount.

What does it taste like?

Perfect Press Amaranth Oil has a light, grassy taste. If you love the taste like we do, you can take it straight under your tongue. Otherwise, you can add it to some food or water.

How is Perfect Press Amaranth Oil Made?

Perfect Press Amaranth Oil is the highest quality amaranth seed oil available. Perfectly Pressed from thousands of organic amaranth seeds, each drop of oil is extracted without the use of heat or friction, meaning that there is absolutely no damage to its nutritional properties. After this process, the oil is bottled. We add absolutely nothing.

Can I cook with it?

We don't recommend cooking with Perfect Press Amaranth Oil as it is a raw seed oil and heat will damage the fatty acids.

What many customers love to do is add Perfect Press Amaranth Oil to food after it's been cooked. You can also add it to a smoothie, juice or a salad — anything not too hot!

For ideas on how to use our Perfect Press oils in your kitchen, visit our blog and check out [The Activation Kitchen](#).

What if I don't like Perfect Press Amaranth Oil?

While most people love Panaseeda Amaranth Oil, if you don't, that's okay. As always, you're completely covered by our 60-day money back guarantee.

Where can I learn more about Perfect Press Amaranth Oil?

It's easy to learn more about Panaseeda Amaranth Oil, as well as all of our other products. Just check out our blog! [Click here for a great post about some of the benefits of amaranth and how to get them.](#)

AMARANTH OIL SUCCESS STORIES

Lisa J.N. experienced a reduction in joint pain after taking amaranth oil...

"I bought this Amaranth oil after a friend recommended it for my [joint pain] which was very painful. It could possibly be the best health investment I have ever made! I have been using it for a month now and the flexibility in my hands has returned and I am almost completely pain free! I use it on the lines on my face and can tell a big difference, I also had a painful fever blister starting on my lip which never formed after using this oil on it. The difference I have experienced in my brain function is truly amazing, after about a week I noticed my memory was a lot better [...], I also have more energy and a sense of well being that I have never had before. What a blessing this life changing oil has been to my health, I would give it 10 stars if I could..

Dr. Ellie Phillips has noticed major skin improvements since adding amaranth oil to her routine...

"I have to tell you I LOVE the skin oils you suggested [amaranth and black cumin] LOVE LOVE!!! I just ordered some more and also some pumpkin seed to try...This oil subject is very interesting and I hope by learning more myself I can share the joy with others. My daughter actually said something about my skin

looking younger the other day. In any case, true or not, the oils feel wonderful and I enjoy this as much as anything – a blissful moment of the day! Thanks again for your marvelous products."

Helga R. has been breathing better after using amaranth oil and black cumin oil on a regular basis...

"I had a serious breathing problem for about 6 month or longer and I was wheezing [...], I had to cough all the time but could not get any mucus out. If I was walking I hardly could get air. Even doing housework was hard. I do not know what it was, but I was afraid maybe a heart problem. Lots of sleepless nights.

I started taking your Amaranth Oil and Black Cumin Oil, Amaranth in the morning and Cumin at night. In two days I was feeling better and after about one week everything was back to normal. I waited about three weeks to be sure, but I am still OK, even started running a bit today, it is just too hot for more. It is just amazing, I did not do anything different except start taking the Oil. [...] I am so thankful and happy and just wanted to let you know."

THANK YOU!

We would like to thank you, once again, not only for investing in your own bottle of Panaseeda Amaranth Oil, but for starting your journey towards better health with us.

We are excited for you to add amaranth oil to your daily routine and to experience the benefits that it has to offer, like so many of our loyal customers before you.

You'll notice **stronger hair, smoother skin and an immune system boost soon**, among many other potential advantages.

If you have any further questions about Panaseeda Amaranth Oil, **please don't hesitate to reach out to our customer loyalty team**.

Questions? Call Us.
1-866-271-7595



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